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Mother's Day mayhem

At least 19 people are wounded after gunfire erupts during a Mother's Day parade in New Orleans PAGE 6

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NDP on course for win: Polls

Nine-point gap.
Dix's party holding steady; Liberals gaining ground at Conservatives' expense

MATT KIELTYKA
matt.kieltyka@metronews.ca

Conditions are right for a change of government on Tuesday, Angus Reid pollster Mario Canseco says.

Angus Reid Public Opinion released its latest election poll on Saturday, showing the New Democrats holding steady, with 45 per cent of decided and leaning voters intending to cast a ballot for Adrian Dix's party.

Christy Clark and the B.C. Liberals continued their comeback, moving two points up to 36 per cent.

The nine-point gap between the parties is a strong indicator of how the election may end up, Canseco believes.

"When we've had elections that are about change, the margin of victory is usually around eight or nine points, so we're right there now," he said. "The Liberals have been gaining, but they've not been able to dent the NDP base."

Although the Liberals are at a two-year high, Canseco said the NDP has actually boosted its support by four points since early May.

Most of the Liberal gains have come at the expense of the B.C. Conservative party, which has continued to bleed support since one year ago, when it had 23 per cent support and looked like a legitimate third party. The Conservatives now sit at the bottom of the poll, with six per cent. The Green party is at nine.

Another poll released on Friday, from Ipsos Reid, also has the NDP retaining its lead (43 per cent), but with the Liberals (37 per cent) closing to within six points.

Both Liberal and NDP leaders were taking polls in stride during their last weekend of campaigning.

"The momentum that we have is very strong," Clark said. "In my travels of the province what I'm hearing from people is they are deeply concerned about the economy. People understand that this is a stark choice for our province and people understand how important it is that they get out and vote."

Dix was not surprised the Liberals have pulled within single digits in opinion polls.

"They have more television ads, but we have more people," Dix said. "I said at the beginning of this campaign and I've said throughout that the race will tighten up, so if we want to replace the B.C. Liberal government we all have to work together."

The provincial election is on Tuesday.

WITH FILES FROM THE CANADIAN PRESS

NDP Leader Adrian Dix listens to the crowds cheer as he addresses a rally in Vancouver on Sunday. British Columbians go to the polls on Tuesday. JONATHAN HAYWARD/THE CANADIAN PRESS

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BRIAN HUTCHINSON, NATIONAL POST, APRIL 13, 2013

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Floathouse, a newly opened sensory-deprivation tank centre in Gastown. ERIC DREGER/ THE CANADIAN PRESS

Ohm — float your way to nirvana

Everything old is new again. Flotation tanks, big in the '80s, are making a comeback with claims of bringing relaxation and calm ... for a hefty price tag

KATE WEBB
kate.webb@metronews.ca

Imagine yourself in a dark, enclosed tub filled with nearly a foot of water with more than 400 kilograms of Epsom salts dissolved in it, a solution so dense that you float in it effortlessly — in the nude.

The water is heated to the same temperature as your skin. With no light, sound, smell or other sensations to stimulate your brain, you slip into a trance-like state called "theta" — the term neuroscientists use for the brainwaves typically exhibited just before sleep or after waking.

After a hiatus in Vancouver for the past several years, the floatation tank is making a comeback. Vancouver was home to a few spas that offered them in the '80s, but they had all but disappeared, until recently.

On Thursday, two brothers, Mike and Andy Z., opened the Float House at 70 W. Cordova St. in Vancouver, and Mike (who declined to give his full last name) says they sold $20,000 worth of packages on the first day.

The sign outside the centre, which has five private rooms, proclaims: "Get ready for nothing." Sessions start at $65 for 90 minutes, and get cheaper with monthly membership.

"Your heart rate decreases, your blood pressure decreases, all your muscle tension goes away, you literally kind of melt into this super buoyant solution," Mike said.

"If you practise yoga, it correlates very well with a savasana at the end of class, where you're just lying there in corpse pose. Basically, this is like a savasana on steroids."

There are few other ventures like Float House in Canada. One man in Abbotsford, about an hour outside Vancouver, opened two tanks about 10 months ago.

The 30-year-old Ovarium in Montreal may be the nation's most successful floatation spa, with six bathing rooms.

Nick Ashfield, owner of Tranquility Tanks, Toronto's only float centre, has just one, but says he has noticed a resurgence of interest in the past few years — thanks, he thinks, to the enthusiastic endorsements of UFC commentator and TV personality Joe Rogan, who has one in his house.

And according to science, the float tank really does have its merits. A study by researchers at Karlstad University in Sweden found that regular sessions provided significant relief to more than three-quarters of subjects who suffered from chronic stress-related ailments such as anxiety, depression and fibromyalgia.

Float House worked with the B.C. Ministry of Health and Vancouver Coastal Health for more than a year to develop regulations and get the proper permits to run its Gastown operation. The warm water is cleaned by a pump filtration system, a UV light, plus bromine, and the 25 per cent Epsom-salt solution itself is anti-pathogenic.

Mike said all you have to do to prepare is shower. What you do once you're in there is entirely up to you.

The Grouse Grind. Going to tackle the tough trail? Please bring a flashlight

Nature's cruel staircase, also known as the Grouse Grind, is officially open for those pursuing buns of steel or bragging rights.

The North Shore's infamous 2.9-kilometre Grind opened this weekend to the excitement of those sick of running on treadmills over the rainy season.

The wet skies and cooler weather didn't stop people from hitting the trail, which climbs about 800 metres to reach 1,100 metres.

At least 103 people clocked times using the trail's official timer by mid-afternoon on Sunday, with the best time going to Mark Janzen at 32 minutes and 24 seconds.

While the trail, which opened a week earlier than in 2012, is popular for fitness buffs and fair-weather hikers alike, it still presents the inherent risks associated with mountainous wilderness.

North Shore Rescue teams have to assist or rescue people from the Grind almost every day it's open — "Yes, every day," rescuer John Blown repeated in his annual list of safety reminders.

Tips include bringing water, $10 to take the gondola down and a flashlight — "the No. 1 reason why people need rescue" — charging your cellphones, wearing appropriate footwear and staying on the path.

(NSR also rescues a lot of people who accidentally stray onto the Baden Powell Trail.)

"Did I mention ... bring a flashlight?? And no, your cellphone doesn't count," Blown said in his post.

EMILY JACKSON/METRO

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B.C. kids buck national trends in mock elections

Not influenced by parents. Uncorrupted voters have made prescient predictions

If school children could vote, the New Democrats would have swept into power long ago in B.C., where students buck the national trend in mock elections.

While actual voters elected Liberal governments in 2005 and 2009, kids across the province favoured the NDP in parallel elections, which ran alongside the real ones and involved thousands of students from Grade 1 through high school.

On Monday, a day before adult British Columbians head to the polls, more than 100,000 school children will cast fake ballots that the program's "chief electoral officer" will tally and keep secret until the official election results are in on Tuesday.

Taylor Gunn, founder of the Student Vote program, which has operated for 10 years and collected more than three million ballots in 19 mock elections across Canada, said he's curious to see what B.C. students will decide this year.

In almost every parallel election outside B.C., students elected the same government as their parents and other adult voters.

Even in the Alberta election last year, when pollsters predicted a Wild Rose victory over the Progressive Conservatives, Gunn's 82,000 student ballots told a different story.

"Our results clearly said it was going to be an Alison Redford majority," Gunn said of the Progressive Conservative leader who was elected.

THE CANADIAN PRESS

Students stand in front of their political posters at Kerrisdale Elementary School in Vancouver on Wednesday. ERIC DREGER/THE CANADIAN PRESS

17th-century artifacts

Police looking into church theft

Victoria police are asking for help from the public to locate some historical artifacts that were stolen from a local cathedral on Saturday night.

Constable Mike Russell says investigators are trying to track down those involved with the late-night theft of what are described as priceless artifacts from Christ Church Cathedral just before 10 p.m.

He says several items dating back to the 17th century were taken, including gold and silver chalices.

THE CANADIAN PRESS

Man allegedly had knife

IIO investigating RCMP shooting

The Independent Investigations Office is investigating after Surrey RCMP shot a man who was allegedly threatening passengers with a knife at a SkyTrain station on Saturday around 7:30 p.m.

The man did not die in the confrontation at Scott Road station, which ended with police shooting him. He remains in hospital, according to the IIO.

Neither police or the IIO are releasing more details, but the IIO put out a call for witnesses on Twitter on Sunday.

EMILY JACKSON/METRO

Expo Line. TransLink calling on artist to spruce up Metrotown station

Metrotown SkyTrain station is set to get prettier during its $35-million extreme makeover.

TransLink sent out a call for artists to create public art for the station as part of the renovations at seven Expo Line stations, to be completed with federal cash by 2016.

"Public art contributes to a more vibrant, well-used environment," TransLink spokesman Derek Zabel said. "It can result in safer and more well-cared-for spaces."

Graffiti tends to drop when there's public art, Zabel added, noting that lots of cities use art as a strategy to improve safety.

But public art at SkyTrain stations has a history of attracting the vandalism it's supposed to deter.

Thieves stole one of 42 aluminum replica Volkswagen Beetles as part of artist Sudarshan Shetty's "History of Loss" sculpture at King Edward Canada Line station in 2010. Ultimately, officials removed the installation from the station.

Regardless, TransLink will go ahead with the art strategy as it starts upgrades.

A panel of local art professionals, TransLink staff, Burnaby staff and an art consultant will choose the ultimate artist.

Starving artists, take note: It's a paid gig.

TransLink has $250,000 to pay for administration, paying the artist, fabrication and the installation — less than one per cent of the overall renovation budget.

EMILY JACKSON/METRO

Submissions

Lower Mainland artists are asked to submit their resumé and portfolio by May 14 at 2 p.m. For more information, visit Translink.ca.

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Tag, you're commander. Hadfield earthbound after handing over space station

Canadian astronaut Chris Hadfield handed over command of the International Space Station as he prepared to return to Earth.

He wrapped up a five-month visit to the giant laboratory, saying it's time to turn over the reins to cosmonaut Pavel Vinogradov.

Hadfield, the first Canadian to command the station, said he achieved the goals he set out for himself before making the journey in late December and is leaving both ship and crew "in good shape."

Plans call for Hadfield and two other crew members to leave the station Monday just after 4 p.m. PDT aboard a Russian Soyuz spacecraft.

They are due to land in Kazakhstan about three-and-a-half hours later.

While he's happy to be heading home, Hadfield said both he and his crew "would come back given the opportunity."

THE CANADIAN PRESS

Astronaut Chris Hadfield poses for a photo with a new polymer $5 bank note on the International Space Station. SEAN KILPATRICK/THE CANADIAN PRESS FILE

Sleepless in Israel

PM chastised over $127K flight bed

Israeli Prime Minister Benjamin Netanyahu will seek alternatives after receiving a sky-high bill for installing a customized bed on a flight to London, officials close to the leader said.

Netanyahu faced a public uproar on Sunday after Channel 10 TV reported over the weekend that he had spent $127,000 in public funds on a special sleeping cabin for the five-hour flight to attend Margaret Thatcher's funeral last month.

Earlier this year, Netanyahu stopped buying ice cream from his favourite parlour after a newspaper discovered his office was spending $2,700 a year for the treat.

THE ASSOCIATED PRESS

Bystanders comfort a victim of Sunday's shooting in New Orleans. The victims included 10 men, seven women and two 10-year-old children.
LAUREN MCGAUGHY, THE TIMES-PICAYUNE/THE ASSOCIATED PRESS

Marching, cheering, running, screaming

New Orleans shooting. Cops say street violence, not terror, responsible for injuring at least 19

Gunmen opened fire on dozens of people marching in a neighbourhood Mother's Day parade in New Orleans on Sunday, wounding at least 19 people, police said.

The FBI said that the shooting appeared to be "street violence" and wasn't linked to terrorism.

Many of the victims were grazed and most of the wounds weren't life-threatening, according to a police news release. No deaths were reported by Sunday night.

The victims included 10 men, seven women, a boy and a girl.

The children, both 10 years old, were grazed and in good condition, but police said at least two people were in surgery Sunday night.

Mary Beth Romig, a spokeswoman for the FBI in New Orleans, said federal investigators have no indication that the shooting was an act of terrorism.

"It's strictly an act of street violence in New Orleans," she said.

Police saw three suspects running from the scene in the city's 7th Ward neighbourhood. No arrests had been made as of Sunday night.

Police vowed to make swift arrests. Superintendent Ronal Serpas said it wasn't clear if particular people were targeted, or if the shots were fired randomly. THE ASSOCIATED PRESS

Can't run, can't hide

"We'll get them. We have good resources in this neighbourhood."

Police superintendant Ronal Serpas on the suspects in the shooting.

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Downloading megasuits head north

Anti-piracy battle. Case involving Teksavvy, Voltage Pictures could pave way for U.S.-style actions on file-sharing

Massive lawsuits targeting people who illegally download copyrighted content are common in the U.S., where people have been stuck with hefty fines and out-of-court settlements. Now there's an attempt to bring that to Canada.

At the centre of the effort is Canipre, the only anti-piracy enforcement firm that provides forensic services to copyright-holders in Canada.

The Montreal-based firm has been monitoring Canadian users' downloading of pirated content for several months. It has now gathered more than one million different evidence files, according to its managing director Barry Logan.

One of its clients is now before Federal Court in Toronto, requesting customer information for over 1,000 IP addresses — a user's unique Internet signature — collected by Canipre.

That client is the American studio Voltage Pictures, maker of hundreds of films, including the Academy Award-winning The Hurt Locker. On the other side of the case is Teksavvy, an Ontario-based Internet provider. The IP addresses flagged by Canipre link back to its users.

The case is set to resume next month. If the court orders Teksavvy to hand over customer info, it could be the beginning of a new chapter in the anti-piracy battle in Canada. "We have a long list of clients waiting to go to court," said Logan.

THE CANADIAN PRESS

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Branson honours a bet

British entrepreneur Richard Branson, left, poses with AirAsia's chief executive Tony Fernandes while dressed as an AirAsia flight attendant at a low-cost carrier terminal in Malaysia on Sunday. The Virgin Group founder shaved his legs, put on lipstick and squeezed into the red outfit to honour a bet by serving as a flight attendant on an AirAsia trip from Perth, Australia, to Malaysia. Branson lost the bet to Fernandes in 2010 after they wagered their Formula One racing teams would finish ahead of each other. VINCENT THIAN/THE ASSOCIATED PRESS

Factory collapse. Bangladesh to raise garment workers' pay

Bangladesh's government plans to raise the minimum wage for garment workers, a cabinet minister said Sunday, after the deaths of more than 1,100 people in the collapse of a factory building focused international attention on the textile industry's dismal pay and hazardous working conditions.

A new minimum-wage board will issue recommendations for pay raises within three months, Textiles Minister Abdul Latif Siddiky said.

A Bangladeshi woman reacts Sunday after her son's body was found in a garment factory building that collapsed April 24. THE ASSOCIATED PRESS

The cabinet will then decide whether to accept those proposals. THE ASSOCIATED PRESS

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ELECTION CRANKS UP THE GRUMP-O-METER

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

Every group has its heroes.

In the curmudgeon subculture, we worship H.L. Mencken, the "Sage of Baltimore," who, by the time he died in 1956, never managed to say a good word about anybody, except for maybe Mark Twain, the previous generation's go-to curmudgeon.

So, on this day before the eve of an important provincial election, I went straight to my hero and, of course, he didn't let me down.

On the subject of democracy, Mencken was amusing but ruthless: "Democracy is the theory that the common people know what they want, and deserve to get it good and hard."

Elections are all about the freedom to choose what you what and how you want to get it. In this election, the choice is simple:

You can either stay the course with B.C. Liberal Leader Christy Clark, who never met an obstacle she wasn't ready to charge right through, whether it's the highest debt in the history of the province or the next red light.

Or you can choose change, as embodied by the NDP's Adrian Dix, who once forged a government document to help his boss slip through a criminal investigation, when his boss was the premier of the province and Adrian was the Sorcerer's Apprentice.

His defence? He was only 35 at the time, barely old enough to know the difference between right or wrong. Although he didn't seem to have any trouble telling right from left.

There are other choices as well: John Cummins and the Conservative party and Jane Sterk and the Green party. The main difference between Dix and Sterk is that Sterk was once elected to something, while there's really little to choose from between Clark and Cummins, if you can get over the fact that one is a relatively young Christy while the other is a crusty old fisherman.

Nonetheless, the real choice is between two scofflaws who keep blaming each other. With choices like that, it's no wonder people stay home in greater numbers every election.

But before we get too self-righteous, let's not forget Winston Churchill, the first inductee into the Curmudgeon Hall of Fame, who said: "The best argument against democracy is a five-minute conversation with the average voter."

The consensus among curmudgeons appears to be that the common man is all too common, and you get the government you deserve.

Still, leave it to grumpy old Winston to put it all in perspective with the most famous democracy quote: "It has been said that democracy is the worst form of government except all the others that have been tried."

B.C. democracy may not be pretty; the candidates may not be pretty; you may not be pretty, but it's all we've got, so we'd better make the most of it.

On May 14, vote early and vote often, my little chickadees.

ZOOM

Happy birthday, Buddha!

AHN YOUNG-JOON/THE ASSOCIATED PRESS

It's the journey, not the destination

A parade of Buddhists in Seoul, South Korea, carry lanterns to celebrate the upcoming birthday of Buddha during the Lotus Lantern Festival on Sunday.

Legend has it that Buddha was born to a royal Hindu family in what is now known as Nepal, and on the night he was conceived, his mother, Queen Maya, dreamed that a white elephant with six white tusks walked around her three times, then hit her and disappeared into her right side. When she became pregnant, Queen Maya set off for her father's kingdom to give birth, as was the tradition.

But Buddha was born along the journey in a garden beneath a sal tree.

DAILYMAIL.CO.UK/WITH FILES FROM THE ASSOCIATED PRESS

On a full moon

2,557

Although the exact date is unknown, scholars believe Buddha was born some 2,557 years ago. In Korea, his birthday is traditionally celebrated on the full moon in May.

The light in the dark

Across Asia, Buddha's birthday is celebrated with colourful parades. The lighting of a lotus-shaped lantern in Buddhism traditionally symbolizes a display of religious devotion, performing good deeds and lighting up the dark parts of the world that are filled with agony.

Across South Korea, many temples provide free meals and tea to all visitors. DAILYMAIL.CO.UK

Shelter benefit. Choirs have something to sing about

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate people, inspiring projects and stories worth celebrating. Here's just one.

Supporting a cause isn't just about donating money. It's also about raising your voice.

That's exactly what Dominique Hogan, artistic director and founder of the Burstin' with Broadway Choir, believes. Her choir performed at a festival that raised money for the Lookout's North Shore Shelter, which seeks to find solutions to homelessness.

"A lot of the seniors who built our community are now turning to the food banks and the shelters because they can't make it through the month," she says.

Hogan organized a huge concert on April 27. "What better way to help other people than by doing something you love?" she says.

The Burstin' with Broadway Choir was joined by the North Shore Choir, the Singspiration Singers and the Gathering Place Choir. For the final number, all 200 singers came onstage and performed Leonard Cohen's Hallelujah. The only challenge? "Trying to get all those people onto the stage!"

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of Free The Children. Send your stories to goodnews@metowe.com and we'll share them right here.

Letters

RE: Hockey Alberta to Ban Body Checking at Peewee Level, published May 8

As players for the Calgary Saints Division 2 Peewee Hockey Team, we disagree with the ban on checking in the Peewee and Bantam age groups.

We are both 12-year-olds. If the ban on checking goes ahead, when we get to the Bantam level where checking is allowed, we will be playing against players who will have three years of playing with checking, while we will only have one year of experience. We will have forgotten how to check safely, and will be injured much more easily. Also, if you ban checking at this level only in Alberta, when we go out of province to play, we won't know how to take a check safely.

Instead of taking away checking completely, we think there should be a zero-tolerance policy on head-hunting, which means deliberately hitting another player in the head.

Checking makes the game more exciting for both players and spectators. It is an important part of the game of hockey — please don't take it away!

Curtis Jackson and Kieran Ruscheinski, Calgary

WE WANT TO HEAR FROM YOU:
Send us your comments: vancouverletters@metronews.ca

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The way we watch television has changed rapidly over the last decade with the rise of the Internet. Today, all it takes is a smartphone to plug into your favourite program. Over the next few days, Metro takes a look at how television has shaped us, and where it might go next. Today, we take a look back, beginning in a time when the concept of television was an intellectual imagining.

METRO WORLD NEWS

The history of television

1900

Russian scientist Constantin Perskyi coins the word "television" in a paper at the World's Fair in Paris. Trading cards sold there predict colour TV and news radio in the year 2000.

1925

Russian-born Vladimir Zworykin patents the first television colour tube. First moving image transmitted.

1928

Television introduced in the United States, followed by Britain, Germany, France and the Soviet Union.

1930

American inventor Charles Francis Jenkins broadcasts the first television commercial.

1939

Television introduced in Japan and Italy. Regular TV broadcasts introduced in the United States.

1936

Berlin Olympics become the world's first televised sports event. The BBC introduces the world's first regular TV service: three hours per day.

1947

U.S. news program Meet the Press launched. Harry Truman is first U.S. president to address the nation from White House via television. He asks for food for Europe.

1951

Colour TV first introduced in the United States.

1952

U.S. morning TV program Today Show begins.

1954

Over half of U.S. households own a TV set.

1956

Elvis Presley appears on the Ed Sullivan Show.

1960

TV debate between John F. Kennedy and Richard Nixon decides U.S. election.

1969

Neil Armstrong and Buzz Aldrin (pictured) on the moon, watched by more than 700 million people.

1971

U.S. sitcom All in the Family launched, possibly first to discuss homosexuality.

1976

Sony introduces first home video recorder.

1980

The 'Who Shot J.R.?' instalment of the soap opera Dallas becomes the most-watched TV program in U.S. history.

1983

The final episode of M*A*S*H becomes the most-watched television program in history.

1985

First Blockbuster video-rental store opens.

1989

The Simpsons premieres. Airing that same year: Seinfeld.

1995

DVD player invented.

1999

TiVo, which allows users to record shows while skipping ads, launched.

1999

Reality TV boom begins with shows like Big Brother and Who Wants to Be a Millionaire? Even bigger deal: The Sopranos premieres.

2010

3-D TV introduced.

2011

NCIS is the most popular TV drama in the United States.

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Amanda Bynes ALL IMAGES GETTY

Amanda Bynes handed three-years probation for driving offence

Amanda Bynes has been sentenced to three years of probation for driving on a suspended licence, according to TMZ. She was also fined $300. Bynes' lawyer appeared on her behalf to enter a plea of no contest late last week while the troubled actress continued her escapades in New York City. Bynes was charged with driving on a suspended licence last fall, and her licence had been suspended due to two previous hit-and-run charges that were later settled. She still faces charges from an April 2012 arrest for driving under the influence.

Twitter

@SarahKSilverman
Security just called my hotel rm w a noise complaint - that's how hardcore i am (I'm Skyping w my mom at 10:45 on a Sat)

@ParisHilton
We are only alive in those moments when our hearts are conscious of our treasures...

@Sethrogen
Go sports team! I hope you beat the sports team you are competing against in the sport you are playing!

Jessica Alba

Jessica Alba reveals wild-child past during interview with her mom

Jessica Alba was something of a hard-drinking, car-stealing wild child, she admits to her mother during a sit-down with Entertainment Weekly. While reminiscing about the first boy she brought home as a preteen, Alba fesses up: "We accidentally drank Wild Turkey," she says. "How old was I with Santino? Eleven?" But that's not the only memory Alba has of her bad behaviour. "Remember when I used to steal the car and go to Jack in the Box?" she asks her mom. "We could go get food. Like, that was our activity! But I was, you know, 12."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Lohan has a pout while Pattinson and Perry hang out

STARGAZING
Malene Arpe
scene@metronews.ca

This week in bridal fashion crimes. The colours for Mama June and Sugar Bear's wedding were camouflage, hot pink and orange while, much worse, Keira Knightley got married in a dress she'd worn back in 2009.

Researchers at the University of New South Wales find that men with beards are generally judged much more attractive than clean-shaven men. That explains the surge in sales at Eddie's Go-To Goatee Emporium.

In Dubai, a fan jumps the stage to hug Justin Bieber. Didn't we tell you not to grow that wispy moustache, Justin? Hmmm?

Robert Pattinson has reportedly been hanging out with Katy Perry. Don't panic, Robsten fans, he just wanted to find out what it's like to look at someone who occasionally arranges her mouth into the facial configuration commonly known as a "smile." He's safely back home now.

Martha Stewart says she regrets she never tried talking up Paul Newman and Robert Redford and getting to know them when she regularly sold them pastries at a Connecticut bakery decades ago. Even the regrets of celebrities are so much better.

Shia LaBeouf hands out copies of his self-penned comic book to strangers. "Not again," says the local garbage collector.

Lindsay Lohan calls her 90-day rehab sentence "pointless." "That may be true for you," say the drivers of Los Angeles, "but at least it gives the rest of us a break from the endless terror."

Chris Brown says, "I'm really not into wife-ing (Rihanna)." Asked to clarify what he meant, he added that he's still really into strife-ing with her.

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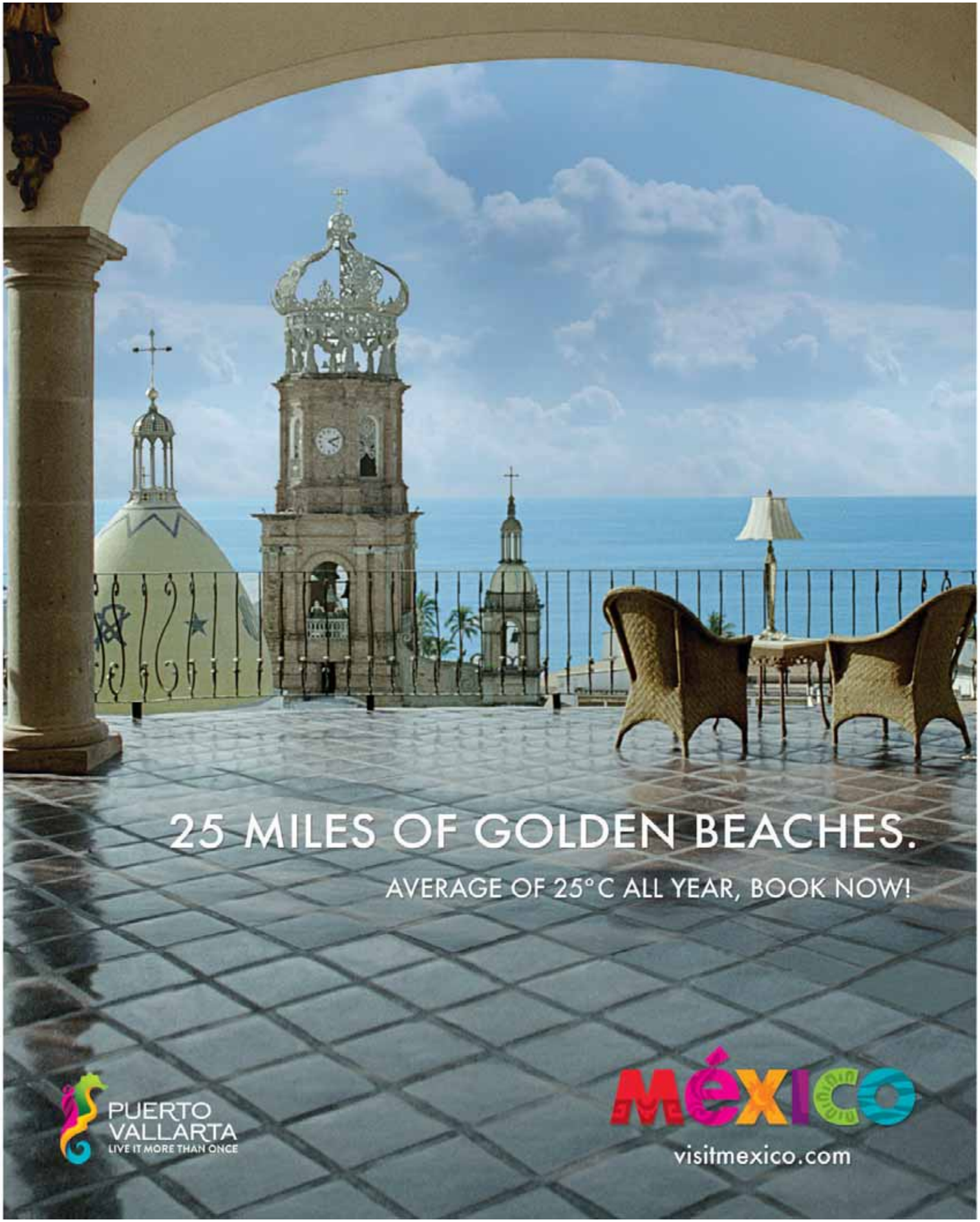
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Online

To friend or not to friend Mom on Facebook?

Josh Knoller, a young professional in New York City, spent years refusing his mother's "friend request" on Facebook before, eventually, "caving in."

Today they have an agreement: she'll try not to make embarrassing comments, and he can delete them if she does.

One in three mothers are connected with their teens over Facebook, according to the social networking giant's review of how users self-identify.

With more than one billion Facebook users, that's a lot of mothers and kids keeping in touch through social media, says Fordham University communications professor Paul Levinson, author of New New Media. "Facebook has been a boon to family relationships," says Levinson.

Kelly McBride, an assistant professor of communications at LaSalle University in Philadelphia, says her students who "friend" their mothers keep their Facebook pages benign, using other social media like Instagram or Twitter for the racy stuff.

"They may be willing to 'friend' their mother, but when they do, they take down the drinking or partying or suggestive photographs," she says.

Meanwhile, parenting expert Susan Newman recommends that mothers wait until their children are independent adults before friending them.

THE ASSOCIATED PRESS

Exclusively online

Nothing makes Mommy want to have a meltdown like watching you have a meltdown. Follow along with the comedic (mis-) adventures of mommy-hood with Reasons Mommy Drinks online at metronews.ca/voices

Is three really more stressful?

New study. Weighing in on a report that claims three is the most stressful number of kids to have

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

One of my favourite lines from The Simpsons is when Bart complains he is having the worst day of his life. "So far," responds his unsympathetic yet correctly predictive father Homer.

I liken that to a study by Today.com that suggests three is the most stressful number of children to have.

A mom of three explains that, versus two kids, the stress level increases when it comes to things like crossing the street. I would agree that getting three kids to do anything in tandem is harder than getting two kids to do it. But I have four kids, and to the best of my recollection, I don't recall sprouting an extra arm when that last child arrived.

Maybe for moms of three, three is the most stressful number of children for them to have ... so far.

The study indicates mothers of more than three kids, on average, described themselves as at a lower stress level than their triumvirate sisters.

It concludes that families with more than three children experience the Duggar Effect, referencing the TLC reality family with 19 children.

While I am 15 short of this number, I admit older kids can, on occasion, help younger kids. But does that really offset the stress of knowing you have more children to feed, clothe, potty train, change sheets for, teach how to drive, suffer through first dates with, explain birth control to and pay post-secondary education for? According to MoneySense.ca, the average cost of raising a child in Canada is almost $245,000. Adding this expense for each child doesn't raise your stress level? Really?

I'm not saying that three kids aren't stressful for a lot of people. It can be. Just like it is very stressful for some parents of one child, two, four, five, etc. I call it the Pitter Patter Principle. (The original Peter Principle I'm referencing states that people are promoted to a level of incompetency.)

One study claims that families with three kids have increased stress levels. ISTOCK

Perhaps those who are lucky enough to actively choose the number of children they have sometimes also reach beyond the level of what they would see as acceptable stress. They are not incompetent in this way, of course; they just learn when to stop.

So what comes first? The proverbial chicken or the fertilized egg? The stress of having kids or the stress level of the parents prior to having them? Since we can't give back the number of children we had past the third one to do a truly fair comparison (I may have tried), I guess we'll never know. KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

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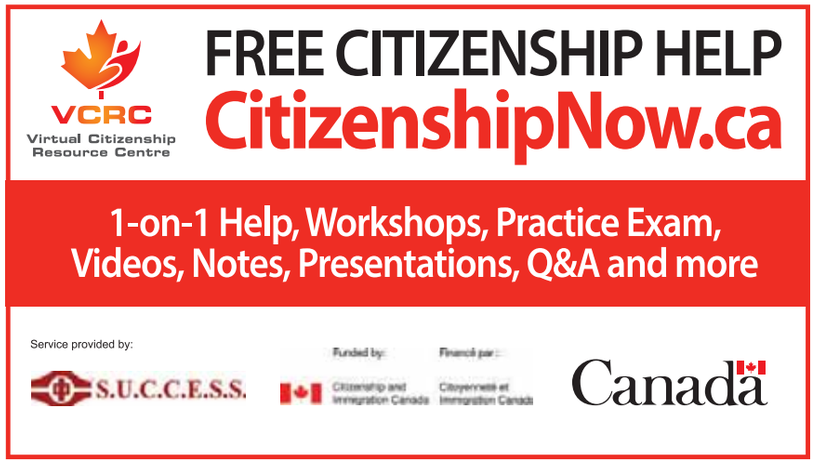

Study says there's more to flipping burgers than students may know

Young and able.
Research reveals that students who take on jobs in high school more likely to succeed

JULIA FURLAN
Metro World News

Can I get you a career with that? ISTOCK

According to a study published by Drexel University's Center for Labour Markets and Policy, teens who spend some time bagging groceries or cyphoning fries into happy meals have a larger shot at success throughout their career.

Paul Harrington, a Drexel University labour economist and lead author of the study, says that work experience in a formal job during high school (from ages 16 to 19) correspond to a 20 to 25 per cent increase in salary for teens almost a decade later. In this case, a "formal" job means a gig in food service or retail for a larger company, as opposed to work like babysitting or cutting the neighbor's grass. High school students who work, he says, are also more likely to have a job a decade after high school than their peers. The numbers are even stronger for teen boys, Harrington says.

"I think there's a dignity in work," Harrington says. "It's really important for people to understand how they contribute to making an organization function. The way you understand how that works is by doing it."

The other piece of data that the study revealed is that attendance in high school is a very strong indicator of good things to come. Harrington says that having high daily attendance in school means that students have a much higher chance of graduating from college.

"Woody Allen said 90 per cent of life is showing up," Harrington says. "Turns out he was right."

The wonders of work

"It's really important for people to understand how they contribute to making an organization function."

Paul Harrington
Drexel University labour economist

Frown-worthy findings

So what's the bad news?

The Drexel University study also found that as the economy has suffered, jobs for teens have become more difficult to come by. In the Metro Philadelphia area, for example, the study revealed that in 2000, about 44 per cent of teens between the ages of 16 and 19 had jobs. Today, that number has fallen to 25 per cent, mostly due to the lack of employment opportunities, and also to the fact that older workers are holding onto jobs longer than they have in previous decades.

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Casual meets highbrow in Seafood Pasta Pizza with Dill

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

Instead of the typical white-flour pizza crust, try this linguine pasta crust, which has more fibre and nutrients, and goat cheese that goes so well with the seafood.

Ingredients

- 6 oz broken linguine
- 1 egg
- 1/3 cup 2% milk
- 3 tbsp grated Parmesan cheese
- 8 oz seafood, (shrimp, scallops, squid)
- 1 tsp vegetable oil
- 1 1/2 tsp crushed garlic
- 3/4 cup diced sweet red peppers
- 1/4 cup chopped green onions
- 1/4 cup sliced red onions
- 1 cup cold seafood or chicken stock
- 1 cup 2% milk
- 3 tbsp all-purpose flour
- 1/3 cup chopped fresh dill
- 1/2 cup shredded mozzarella cheese
- 2 oz goat cheese, crumbled

1. Preheat oven to 350 F. Cook pasta in boiling water according to package instructions or until firm to the bite. Drain and place in mixing bowl. Add egg, milk and Parmesan cheese. Mix well. Pour into pan and bake 20 minutes.

2. In non-stick skillet sprayed with vegetable spray, sauté seafood just until cooked, approximately 3 minutes. Drain and set aside.

3. In same skillet, heat oil; sauté garlic, peppers and onions for 4 minutes.

4. Meanwhile, in small bowl combine stock, milk and flour until smooth. Add to skillet and simmer on low heat until thickened, approximately 2 minutes, stirring constantly. Add dill and seafood. Pour into pan. Sprinkle with mozzarella and goat cheese; bake for 10 minutes. Let rest for 10 minutes before serving.

ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY: ROSE REISMAN

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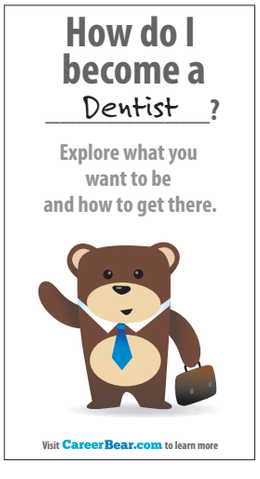

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Mattocks breaks through vs. Galaxy

MLS. Vancouver striker bumps scoring slump in win over Los Angeles

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Whitecaps striker Darren Mattocks and the Galaxy's Omar Gonzalez vie for the ball on Saturday at BC Place.
DARRYL DYCK/THE CANADIAN PRESS

Darren Mattocks isn't shy about showing his emotions on the soccer field.

Such was the case Saturday, when late in second half stoppage time Mattocks put a right-footed strike from inside the box toward L.A. Galaxy goalkeeper Carlo Cudicini, who made the save and deflected the ball out of bounds.

Mattocks dropped to his knees, grabbed his head with his hands, and leaned forward on the turf at BC Place Stadium for six seconds while play continued.

That was Mattocks' fifth shot attempt in the game, which the Whitecaps (3-4-3) won over the Galaxy 3-1 for their first MLS regular-season victory since March 9.

Mattocks, the club's first-round pick, second overall, in the 2012 MLS SuperDraft, had not scored in the last five games he played prior to Saturday.

It had to look to Mattocks and everyone who follows the Whitecaps like the slump would persist.

He got his redemption less than a minute later.

Mattocks cashed in on a set up from Gershon Koffie to give the Whitecaps their third goal of the afternoon and secure the win over the Galaxy.

"It's been a long time coming but I'm just going to keep doing the things I've been doing for the last couple of weeks," said Mattocks.

As a rookie, Mattocks led the Whitecaps in goals.

Coming into this year, he believed he could hit the 20-goal plateau.

His raw skill and youthful exuberance give him confidence. But these were difficult times for Mattocks. He's a striker and he gets paid to score goals.

Bumping the slump was a testament to perseverance.

"I think people always want to avoid adversity and they think adversity is a bad thing," said head coach Martin Rennie.

"Adversity is the kind of thing that builds character, it's the kind of thing that makes you stronger, it's the kind of thing that if you approach it properly with your life, you learn and you become better.

"I think this is the first time in Darren's career he's had any adversity, so he's had to deal with that a little bit. He's come through it well."

NHL

Canucks' Corrado hopes for full-time spot next season

In the wake of the Canucks getting swept from the playoffs in the opening round, general manager Mike Gillis vowed the team would get younger.

Defenceman Frank Corrado was playing in the Ontario Hockey League playoffs at the beginning of last month.

Ten days after the conclusion of his junior career, Corrado, 20, made his NHL debut against the Chicago Blackhawks on April 22.

Now that the season is over, Corrado can finally reflect upon what he has called a whirlwind journey.

"You've got to enjoy it. It's like anything in life," he said last Thursday when he met with reporters at Rogers Arena.

Corrado, the Canucks' fifth-round pick, 150th overall, in the 2011 NHL entry draft, went on to play three regular-season games and four playoff games, thus burning a year on his entry level contract.

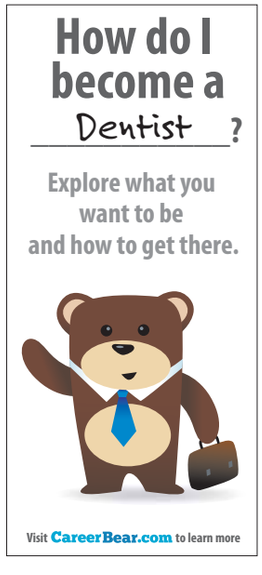
It's an indication of what those in the Canucks organization think of Corrado and his potential.

It's also given Corrado even more belief that he can play at the NHL level on a full-time basis.

"I have to take care of myself and I have to earn it," said Corrado.

"It's up to whatever I do and, I mean, I have to work hard in the summer and that's what I plan on doing."

CAM TUCKER/METRO



See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Make an effort to see yourself the way others see you today. It's great that you have such a strong self-image but sometimes it makes it hard to understand why not everyone looks at life the same way.

♉ Taurus
April 21 - May 21
The methods you have been using may be effective for you but that does not mean they are right for everyone. You will find yourself at odds with someone you work with today.

♊ Gemini
May 22 - June 21
Your heart and your head are pulling you in opposite directions and it won't be until later in the week that you choose one approach over the other.

♋ Cancer
June 22 - July 23
Keep your wits about you as the new week begins and try to maintain a light-hearted attitude to everything that happens. Some people may be feeling a bit down but that does not mean you have to get down there with them.

♌ Leo
July 24 - Aug. 23
The best way to deal with people who annoy you is to ignore them. There is something imperious in the Leo nature and if you make out that someone does not exist no one else will believe they exist either.

♍ Virgo
Aug. 24 - Sept. 23
It may be tempting to sell off a treasured possession so you can pay an outstanding debt but that's not a good idea.

♎ Libra
Sept. 24 - Oct. 23
The cosmic pattern is slowly but surely shifting in your favor and by the end of the week the dark days will be behind you. Today you will have to deal with an emotional issue of some kind.

♏ Scorpio
Oct. 24 - Nov. 22
You will have to make a difficult decision either today or tomorrow and some people are sure to be disappointed. That's not your concern. The only thing that matters is you stay true to your principles.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be easygoing by nature but when aroused you make a tenacious opponent. Today's events will encourage you to stand up for those who cannot stand up for themselves. With you on their side they might just win.

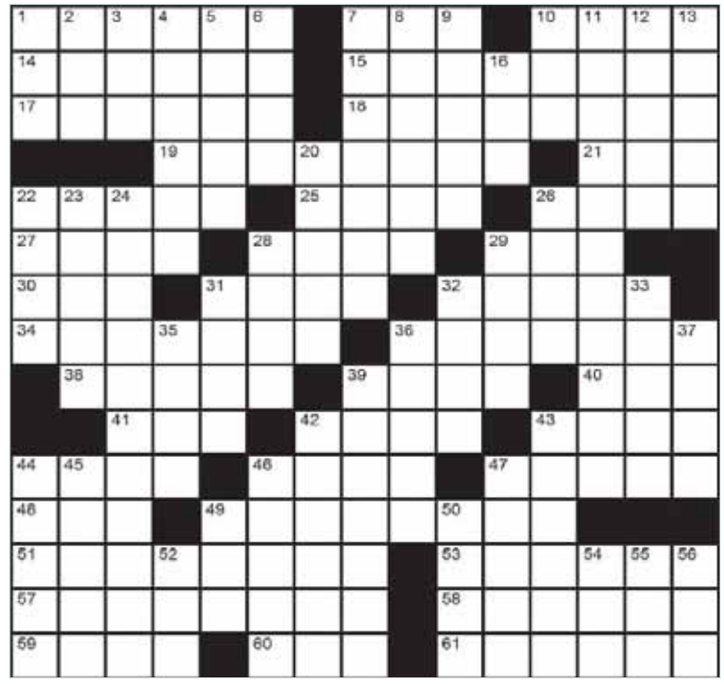
♑ Capricorn
Dec. 22 - Jan. 20
You may worry that if you don't act quickly you will miss out on an opportunity of some kind but it isn't true. In fact the planets indicate most strongly that you should bide your time.

♒ Aquarius
Jan. 21 - Feb. 19
If you have to be critical of someone today, either at home or at work, make sure you wrap up what you say in some kind of sugar coating. Not everyone has such a robust ego as you.

♓ Pisces
Feb. 20 - March 20
Throwing money at a problem won't get you anywhere. If you stand back from your current situation a bit you will see it's not nearly as bad as you fear. It never is. **SALLY BROMPTON**

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN



Across
1. Minimal or paltry
7. '_' __ in Calgary
10. Eleven: French
14. Spotted big cat
15. Some briefcases
17. __ Vision (Eyewear chain)
18. Chained steeping gadgets
19. Computer purchase
21. Handheld mobile device [acronym]
22. Superhero accessories
25. Bible verb, used with Thou
26. Potter's supply
27. Hurting
28. Nastiness
29. Unheard in "The Silence of the Lambs" (1991)
30. Month we're in, in French
31. Elephant's one of two
32. Jesus' mom's namesakes
34. Driveway surface
36. Anne of Green Gables portrayer, Megan __
38. Kindle download
39. Trudge
40. "__ chance!"
41. __ and downs
42. Grub
43. Sandra Bullock movie, "Two __ __ Sea" (1996)
44. But: French
46. Showy flower
47. Cup: French
48. __-inclusive
49. Our robotic space icon
51. Manitoba waterway: 2 wds.
53. Hurried
57. Manipulator, often in showbiz
58. Mr. Rains of "Casablanca" (1942)
59. Group of cattle
60. Fleur-de-__
61. Icon

Down
1. Matthew Broderick's wife's monogram
2. Papua New Guinea seaport
3. Lettered grocery store
4. Mordecai Richler novel, Solomon __ Was Here
5. Heavenly hats
6. Not kosher
7. Supermodel's workplace
8. "Relax!" (Boot camp order): 2 wds.
9. Begin
10. Wood sorrel
11. Sports event currently underway: acr. + wd.
12. Nintendo's The Legend of __
13. Composition
16. Daniel Day-Lewis' li'l Oscar role
20. Retro dance, The __
22. Papa's wife
23. Getting _ __ of the jitters (Pre-competition fear)
24. Irving, for one (Its head office is in Halifax)
26. TV legend Mr. Reiner
28. __ up (Gain muscle mass)
29. North American bird, __ Eagle
31. New Mexico art colony
32. State of mind
33. Cotton __ (Medicine cabinet items)
35. Skips
36. Rock band, with Pink
37. Eye problem
39. The North Star
42. __-chopped onions
43. 2001 Michelle Pfeiffer/Sean Penn movie: 3 wds.
44. Liquidy low-lying land
45. Pain relief brand
46. Montreal suburb
47. Sincerely
49. Puffy li'l prop for George Burns
50. Circle segments
52. Circular, for short
54. Focal point
55. Tokyo's former name
56. Rocker Mr. Shannon

Friday's Crossword

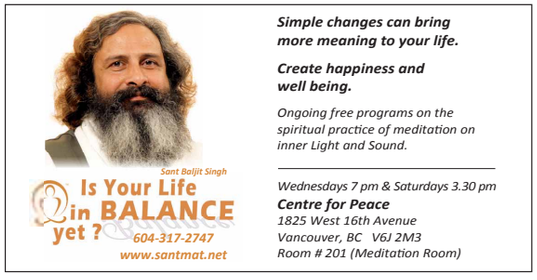
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5			4	9				
4				5		7	1	
	9				7			
8						4	7	6
			5		8			
6	1	3						2
			2				5	
	3	2		1				4
				8	3			1

Friday's Sudoku

8	1	6	2	3	5	7	4	9
4	2	5	9	6	7	8	3	1
3	9	7	4	1	8	2	5	6
6	3	2	8	5	1	4	9	7
9	7	4	6	2	3	5	1	8
1	5	8	7	4	9	3	6	2
5	4	9	1	8	2	6	7	3
7	8	3	5	9	6	1	2	4
2	6	1	3	7	4	9	8	5



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